

# STOP BINGING & START LIVING



Building Awareness  
To  
The Emotional Connection To  
Food & Binging

# Welcome!

## A L I L I N T R O

I am so happy you are here! I'm Kellie :)

I am an Eating Disorder Recovery Coach and Certified in Health and Nutrition Coaching. My mission is to walk with you every step of your journey to overcome your struggle around food and provide you with the confidence and self trust to live a fulfilled life.

I've lived through and conquered Anorexia Nervosa, over exercising and restricting/binging. I wholeheartedly know how hard it is to break the cycles and dig your way out.

This guide is part of my program, Find Your Free. I created my program with the most effective models & concepts I've learned along my journey to freedom and peace.

I will always put you first and believe together you will achieve great strides towards recovery.

Let's Begin



# WHAT IS EMOTIONAL EATING

Eating as a way to suppress or soothe negative emotions, such as stress, anger, fear, boredom, sadness and loneliness. Major life events, life transitions, and hassles of daily life can trigger negative emotions that lead to emotional eating too.

If emotional eating is negatively impacting your life and goals, you are in the right place. .



Make sure you have a quiet place to sit with your workbook. I recommend taking a few breaths. Inhale for a count of four, hold for a count of four and exhale for a count of four.

# Section 1

## SETTING YOUR GOALS

I find it helpful to get clear on your WHY for managing your emotional state around food. On the next few lines write down the first things that come to your mind.

---

---

---

Next, write down your goals. What are a few goals for yourself around diminishing emotional eating, overeating, or binging.

---

---

---

## NOTES

---

---

---

---

---

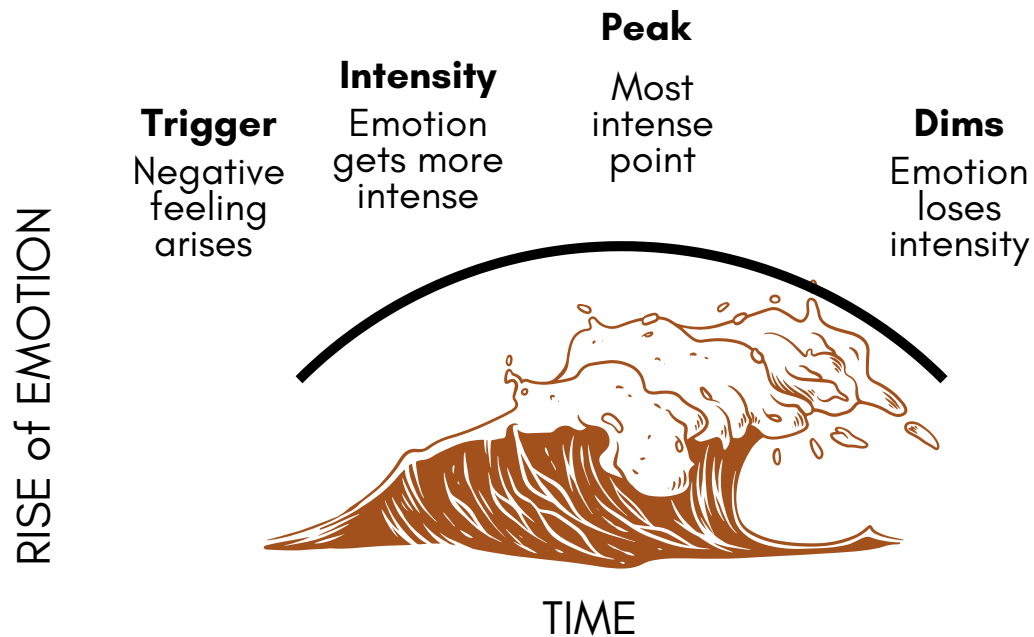
---



# EMOTIONAL WAVE

The wave is the slow emotional rise of intensity. Starts as a trigger, slowly gets more intense, reaches a peak, and finally diminishes.

---



## Processing / Reflection

What was the event?  
What emotion came up?

What feeling did you  
experience with  
intensity?  
What thoughts came up?

What was the most  
intense point?

Did the emotion pass? How long did it  
take?



## LET'S ASSESS

[illegible]

# IDENTIFYING PATTERNS

Patterns are recurrent ways of eating, restricting and bingeing. Use this space to write out anything that comes to mind while reviewing your journal entries.

This image shows a full page of a notebook or worksheet. It features horizontal blue ruling lines spaced evenly down the page. On the right side, there is a faint, light-colored illustration of a plant with large leaves and a small flower. The entire page has a light cream or off-white background.

# Section 4

## HIGHLIGHT TRIGGERS

Highlight specific food, emotion or situation that frequently appeared before episodes of anxiety or disordered eating behaviors

Specific Food	Emotion / Situation

# ANALYSIS

[illegible]

## Section 6

# ANALYSIS - EMOTIONAL STATES

Identify if specific emotions (stress, sadness, anxiety, irritability) are consistently linked to overeating or restrictive behaviors.

## Emotion Wheel I





# REFLECTING ON PAST EXPERIENCES

Think about how these experiences may have influenced your current relationship with food. Were there specific events that led to changes in your eating behaviors?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins or other markings on the paper.

# REFLECTING ON PAST EXPERIENCES / LIFE CHANGES

Think about how these experiences may have influenced your current relationship with food. Were there specific events that led to changes in your eating behaviors?

# REFLECTING ON PAST MEMORIES / LIFE CHANGES

Memories of significant life changes: Acknowledging a period of high stress at work that coincided with an increase in comfort eating.



# Let's Get Started

## WHAT'S NEXT

Imagine being free of your secret. Imagine waking up and not having your whole day be about food, counting calories or planning a binge. Genuinely being able to say yes to going out for food, being flexible with meal times...

I would love to help you through your journey of healing your ED. I provide clarity and structure to take you from the heaviness of trying to figure out what to do next to confidently moving through meals, social situations and tough emotions. We will meet through video weekly. I'll provide workbooks and homework, 24/7 availability through text, meal support and voice memos of encouragement.

Click [here](#) to find out more

Kellie

kellie.deblasio@gmail.com  
@findyourfreewithkellie

